

LAKE METROPARKS

FARMPARK

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FARMPARK IS A LAKE METROPARKS FACILITY. Farmpark's mission is to help our urban society understand how farmers raise food, fiber and other products that sustain and enhance human life. *Farmpark Almanac* is published three times a year by Lake Metroparks. This publication is sent free to Farmpark members.

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Farmpark Makes Improvements to Meet Visitor & Community Needs

by Lee Homoyock, Farmpark Administrator

Over the past few years, Lake Metroparks Farmpark has discussed building a **new outdoor riding arena** that would allow us to expand our programs and events to include horse shows, agricultural events and competitions. Our Equine Department has moved many demonstrations outdoors recently with remarkable success. Due to the popularity of these outdoor demonstrations and inquiries for additional outdoor space, Farmpark broke ground on a new outdoor equine arena in June. The 150' x 200' show ring with a sand surface and post-and-board fencing is under construction and scheduled for completion this fall. This new facility will enable Farmpark to host riding and driving clinics, demonstrations and competitions such as barrel racing, draft & light horse driving, and dressage as well as other agricultural activities. Our hope is that Farmpark will become one of the premier equestrian venues in the area.

Farmpark will also **renovate the Visitor Center lobby and admissions area** to improve the flow for visitors entering the park and to comply with Americans with Disabilities Act (ADA) standards.

Come out to Farmpark this fall to check out the progress!



COVER PHOTO
Six-horse hitch by Earl Linaburg

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Fall & Winter Ticketed Events

Lake Metroparks has a full slate of fall and winter events for all ages! Our popular Halloween Drive-thru, Country Lights Drive-thru and Breakfast or Lunch with Santa at Farmpark are back again this year. Many visitors to last year's Halloween Drive-thru and Country Lights Drive-thru told us they prefer the drive-thru option over the traditional program format and the

drive-thru format allowed literally tens of thousands MORE visitors to enjoy this event over the traditional format. We hope you will join us this holiday season for some entertaining and family-friendly events! Details and ticket sale dates below!

HALLOWEEN DRIVE-THRU

Location:
Lake Metroparks Farmpark

Event Dates:
• October 7, 8, 9
• October 14, 15, 16
• October 21, 22, 23
• October 28, 29, 30

Time slots:
6:30, 7, 7:30, 8, 8:30 pm

Fee: \$27.50 per carload
(maximum of three tickets per family or Farmpark membership)

Sale dates: (online only)
• Lake County residents & Farmpark members:
Sat., September 10 at 8 am
• Open sales: Sun., September 11 at 8 am

*Farmpark membership must be current as of noon on Monday, Sept. 5 and remain current on day of purchase.

Breakfast or Lunch with Santa

Location:
Lake Metroparks Farmpark

Event Dates:
• November 26 & 27 (breakfast only)
• December 3 & 4
• December 10 & 11
• December 17 & 18

Time slots:
Breakfast 9 am or 10:30 am; Lunch noon

Fee: \$5 younger than 2, \$13 ages 2 to 12, \$16 ages 13 and older
Take home toy kits are included for all participants 12 and younger.

Sale dates: (online only)
• Lake County residents & Farmpark members:
Mon., November 7 at 8 am
• Open sales: Tue., November 8 at 8 am

*Farmpark membership must be current as of noon on Monday, Oct. 24 and remain current on day of purchase.

Country Lights Drive-thru

Location:
Lake Metroparks Farmpark

Event Dates:
• November 30, December 1-4, 7-11, 14-23

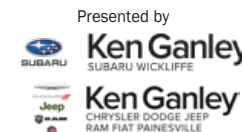
Time slots:
6, 6:30, 7, 7:30, 8, 8:30 pm

Fee: \$27.50 per carload;
(maximum of three tickets per family or Farmpark membership)
Optional \$5 per toy kit

Wooden toy kits will be available for pre-purchase online during purchase of carload ticket. Kits will be picked up at the event and taken home to assemble.

Sale dates: (online only)
• Lake County residents & Farmpark members:
Sat., October 29 at 8 am
• Open sales: Sun., October 30 at 8 am

*Farmpark membership must be current as of noon on Monday, Oct. 24 and remain current on day of purchase.



Ticket sales online only for these special events by visiting lakemetroparks.com.

Tickets purchased online will be emailed to you. Tickets can be scanned directly from your mobile device at the event or you may print them out and bring them with you.

For more event details, visit lakemetroparks.com.

Farmpark members call 440-256-2122 x3063 with questions and to be sure your membership is up-to-date prior to ticket sales.



"My kiddos, ages 2 and 5 were so excited to do this drive thru. It was the perfect balance of spooky and festive for their ages."

"So many fun lights to see. Always amazing."



Farmpark CALENDAR



Farmpark is open year-round Tuesday through Sunday, 9 am to 5 pm. Closed Mondays, Thanksgiving, Christmas Eve, Christmas & New Year's Day

Regular Farmpark admission is waived for Lake County residents on "FREE DAY" (Proof of Lake County residency required). Every day is "Free Day" for Lake Metroparks Farmpark members.

For more information about Farmpark programs and events:
440-256-2122 • 800-366-3276 • lakemetroparks.com

9 SEPTEMBER 10 OCTOBER

11 NOVEMBER 12 DECEMBER

THREE-ACRE CORN MAZE

Sponsored by Coca-Cola

September 1–October 16

Follow winding paths that steer you to intersections where you must decide which way to go. Maze is included in Farmpark admission.

4 Lake County FREE DAY

LAKE METROPARKS SENIOR DAY

September 15, 9 am to 1 pm

Seniors 55 and older receive free admission (with valid ID). Event features a guest speaker and a vendor showcase featuring products and services important to today's seniors. Enjoy Farmpark activities, demonstrations and catch and release fishing. Senior activities run 9 am to 1 pm but seniors are welcome to enjoy Farmpark activities 9 am to 5 pm. Limited free health screenings available from 9 am to noon with pre-registration. Screenings include cholesterol, blood glucose, blood pressure and osteoporosis. Free lunch in the pond pavilion for pre-registered participants. To pre-register for health screenings or lunch, call 440-358-7275.

20 Lake County FREE DAY

HORSEPOWER WEEKEND

Presented by Ken Ganley Chrysler Dodge Jeep Ram Fiat Painesville & Playground World

September 24 & 25

Join us for Horsepower Weekend! Witness history unfold from animal-powered agriculture to thunderous muscle cars of yesteryear. Saturday will focus on agricultural field work. Watch the progression of agricultural technology all in one field. Draft animal power to modern cabbled tractors will demonstrate a wide variety of implements. Visitors will have the opportunity to try their hands at plowing behind one of Farmpark's beautiful draft teams. On Sunday from noon to 4 pm, shift into high gear and enjoy Farmpark's annual Car & Truck Show (weather permitting). On both days, visitors can enjoy antique tractor displays, equipment demonstrations such as corn grinding and Farmpark's regular weekend presentations. Take advantage of photo opportunities with Farmpark's antique tractors and beautiful landscapes. Fall activities will be in full swing! Get lost in our corn maze, try an apple slushie or just sit and relax and enjoy the farm.

4 EARL LINABURG

APPLE HARVEST PAIRING DINNER

September 30, 5:30 to 9 pm

Fee: \$60 per adult 21 and older, pre-registration required
Savor the harvests of the fall season in the unique setting of the machinery building, offering picturesque views overlooking Farmpark's fields. Start the evening with appetizers, cider pressing and apple butter tasting. Take a tour of the apple orchard and gardens with Farmpark's horticulture manager. Then enjoy a delicious meal prepared by J&J Catering with wine pairing by Debonné Vineyards!

APPLE BUTTER & CIDER WEEKEND

Presented by Playground World

Sponsored by Fine Arts Association

October 1 & 2

During Apple Butter & Cider Weekend, witness many traditional harvest activities and discover how apple butter and cider are made. Take a tour of the "Johnny Appleseed Trail." The whole family can explore the three-acre corn maze. Enjoy harvest activities including an apple-themed cooking demonstration on Sunday only.

2 Lake County FREE DAY

HALLOWEEN DRIVE-THRU

Presented by Ken Ganley Chrysler Dodge Jeep Ram Fiat Painesville & Ken Ganley Subaru Wickliffe

October 7, 8, 9; October 14, 15, 16

October 21, 22, 23; October 28, 29, 30

Travel Farmpark's trails and roadways after dark in the comfort and safety of your own vehicle and experience many playfully frightful sites throughout the park—some that you have come to love and some new surprises. Because of the lack of darkness 6:30 and 7 pm time slots are best suited for younger children. All ages, PG-5 (parental guidance suggested). See page 3 for ticket details.

CORN & PUMPKIN WEEKENDS

Presented by Playground World

Sponsored by Coca-Cola & Fine Arts Association

October 8 & 9, 15 & 16

Celebrate the harvest season at Corn & Pumpkin Weekends. Younger visitors can make handmade cornhusk dolls and paint pumpkins. Enjoy harvest-themed crafts and other harvest activities throughout the weekends.

18 Lake County FREE DAY

6 Lake County FREE DAY

15 Lake County FREE DAY

COUNTRY LIGHTS DRIVE-THRU

Presented by Ken Ganley Chrysler Dodge Jeep Ram Fiat Painesville & Ken Ganley Subaru Wickliffe

November 30, December 1–4, 7–11, 14–23

This year will feature some familiar lighting displays throughout Farmpark as visitors enjoy the experience from the warmth of their own vehicles. Wooden toy kits will be available for pre-purchase online during purchase of carload ticket. Kits will be picked up at the event and taken home to assemble. See page 3 for ticket details.



4 Lake County FREE DAY

BREAKFAST OR LUNCH WITH SANTA

November 26, 27, December 3, 4

December 10, 11, December 17, 18

After a breakfast/lunch and visit with Santa, enjoy a winter wagon ride around Farmpark. Stay all day and enjoy Farmpark's regular daily activities! Kids pick up a toy kit to take home before leaving. Please note this is a family activity: children must be accompanied by an adult. Due to space limitations, ALL participants, including children younger than 2, MUST have a ticket. See page 3 for ticket details.

20 Lake County FREE DAY



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Oh, That Great Pumpkin

by Valerie F. Reinhardt, Horticulture Manager

As a symbol of fall festivities, the pumpkin reigns supreme. The bright orange globes decorate our doorsteps and table or are carved into scary-faced jack-o-lanterns to light the way on All Hallows' Eve. And what Thanksgiving meal is complete without a slice of pumpkin pie? But there is more to the pumpkin than meets the eye.

The pumpkin, a winter squash, is one of the many new-world foods introduced by Native Americans to the early settlers along with corn and beans. The three together were known as the three sisters and were the mainstays of Native American agriculture. The three grew well together and were crops that stored well. Both beans and corn can be dried and winter squashes like pumpkins have a long storage life, spanning the winter months. Most notable though is the nutritional value these three crops provide.

The pumpkin is often overlooked for its nutritional value and often only used for decoration and dessert. Pumpkins can be used in many other dishes with great health benefits. They come in many shapes, sizes and colors. The orange basketball-sized image we call a pumpkin is several different species of winter squash. *Cucurbita pepo*, the common pumpkin, includes carving pumpkins for jack-o-lanterns, small pie pumpkins, and the mini baseball-sized decorative pumpkins. *Cucurbita moschata*, known for its rich tasty flesh, includes butternut squash and the round Long Island cheese pumpkin. The king of pumpkins is the *Cucurbita maxima*. Many cultivars of *Cucurbita maxima* have been developed including the huge Dill's Atlantic giant that can be more than 1,000 pounds, the much smaller but fairytale-like fancy Cinderella pumpkin, the Rouge Vif D'Etampes, Hubbard squash and the Candy Roaster squash.

Pumpkin seeds as well as the pumpkin itself pack a good punch when it comes to nutrition. Most pumpkins produce seeds with a shell-like hull that can be eaten whole, providing fiber as well as nutrition from the seed inside. Some specialty pumpkins such as the Naked Bear, produce naked seeds with no hull and are grown just for the seeds. These "pepitas" are great for snacking and roasting and can be pressed for oil. Pumpkin seeds are high in many essential vitamins and minerals like phosphorus, manganese, vitamin K, calcium, iron, zinc, potassium, vitamin B9 and vitamin B2. They contain healthy fat and vitamin E and are a source of the amino acid tryptophan which is linked to improved mood and sleep.



Though jack-o-lantern type pumpkins can be eaten, they have been bred to have a large seed cavity that can be easily hollowed out and the stringy flesh is not the best for pies or other dishes. The smaller pie pumpkins have less-watery flesh and are much better for pie making. Most canned pumpkin is butternut squash, a variety of *Cucurbita moschata* that is rich in flavor and smooth in texture and easier to process for canning.

Giant pumpkins are impressive for their size, but their flesh is watery and bland. They are still a good source of fiber, and the seeds are very nutritious. Many farmers grow them as a garden oddity or challenge to see who can grow the biggest one.

To learn more about pumpkins, visit us during Farmpark's Corn & Pumpkin Weekends. Try a sample of our popular pumpkin and sweet potato soup, enjoy a variety of corn and pumpkin activities and take away a recipe or two.



The Farming WAY of LIFE

by Steve Ohmes, Assistant Farmpark Administrator

"A farm is a manipulative creature. There is no such thing as finished. Work comes in a stream and has no end. There are only the things that must be done now and things that can be done later. The threat the farm has on you, the one that keeps you running from can to cannot, is this; do it now, or some living thing will wilt, suffer, or die. It's blackmail really."

To a certain degree, that quote by Kristin Kimball captures the life of a farmer. Lake Metroparks Farmpark educates visitors about where food and fiber come from, but doesn't necessarily focus on the farmers and ranchers who produce the food and fiber. Farming is a physically and mentally exhausting job that requires sacrifice—this may be why less than two percent of the population actively farm—it can however produce satisfaction and rewards, which is why farmers choose this way of life.

Farming is physically demanding—bags of feed and bales of hay need to be lifted, livestock need to be moved, pens need to be cleaned, equipment needs to be repaired—all of these daily chores must occur in weather that ranges from below freezing to 100 degrees depending on the season. During harvest, hay season, or birthing season the number of hours of sleep diminish due to the long hours. The work must be accomplished, so farmers can't call in sick or take a vacation day. On top of the long hours worked on the farm, a large majority of farmers have off-farm jobs. They must farm before and after work, equivalent to working two full-time jobs.

Farming is mentally demanding—decisions must be made on what crops to grow, what livestock to raise, how much to invest in feed and seed, what equipment repairs or purchases are needed, and a long list of other things—all in hopes of making a profit. Profit will depend on market prices, weather, pests, sickness or disease just to name a few of the variables.

How will the farm survive if a profit is not made? Sometimes personal decisions are harder than financial ones. With so much time spent working, it is often difficult to balance family and farm life. There is always a crop that must come out before the weather turns, a sick animal that needs taken care of, but it is a child's birthday, or game or band concert. Farmers often wonder how everything can be accomplished.

While farmers must juggle many demands, there are rewards to farming. Each individual farmer has a reason that they love to farm. Personally, I am still amazed by the miracle of life no matter how many livestock births or seeds emerging from the soil I see. The reward of watching the sunset on the farm and the crops illuminated with an orange glow and watching my children grow up with life experiences only a farm can teach are just a few reasons I farm. Farmers make the sacrifices they do to provide food and fiber to households around the world because they believe what they are doing makes a difference and they love what they do. According to the USDA, the average age of a farmer and rancher is 57.5 years old, with as many older than 65 as younger than 55. Farmpark gives a basic introduction to farming to school groups, camps and an array of guests—perhaps this introduction will inspire a few visitors to enter into a career in agriculture.





Lake Metroparks Farmpark
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800-366-3276
lakemetroparks.com

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FARMPARK Gift Shop

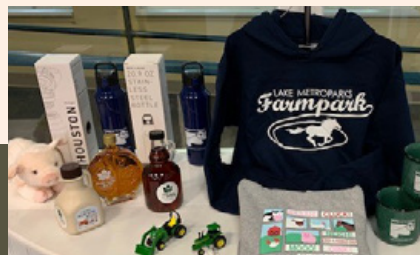
unique country gifts

Take home a little bit of the country.

440-256-2122 x3161

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Take home charming country gifts, unique items for the home and garden, greeting cards, Naked Bee lotion, Dionis goat milk products, Farmpark's own maple syrup as well as assorted snacks and drinks.



**Volunteer with Lake Metroparks
during Halloween Drive-thru!**
Have fun and help make
memories for hundreds
of families!

Students can receive credit for
community service hours.

Call 440-585-3041 x6418
or email
volunteer@lakemetroparks.com
for more information.